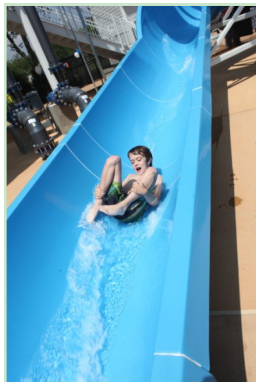


Town Supervisor

Jon Kaiman

Commissioner of
Parks and Recreation

Jennifer A. Fava



New Programs for the
2012 Season!

Zumba

Zumbatomic

Cardio Dance Blast

Yoga on the Beach

Stand up Paddle Boarding

Sailing

Kayaking

Mark Your Calendar!

Memorial Day

Fireworks

North Hempstead Beach

Park: May 26th at 6pm

Family Beach Fest

North Hempstead Beach

Park: September 9th

at 12PM

Town of North Hempstead



Manorhaven Beach Park Summer Program 2012

**Program Registration Begins
Saturday June 2nd**

10AM to 4PM

Rain or Shine

\$70 Per Activity

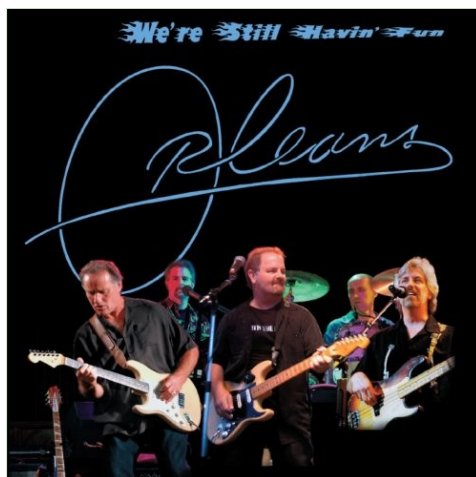
(unless otherwise noted)

\$105 for Swim Lessons for Non-Members

**Payment Methods: Visa, MasterCard,
Cash, or check made payable to:
The Town of North Hempstead**



*Check out our
new skate spot!*



**Coming to Manorhaven
Friday July 27th at 7:30PM
ORLEANS!**

*Playing their greatest hits
including: Still The One, Dance
With Me, and Love Takes Time!*

ZUMBA**ADULTS**

**July 10th thru Aug
14th**

**Tuesdays 6:30-7:30PM
with Laura**

**July 12th thru
August 16th
Thursdays 6:30-7:30PM
with Samantha**



Join the party! **Zumba** dancing is for everyone — all shapes, sizes, male and female. Just about any age too! Zumba allows you to have fun while safely losing pounds and inches.

Zumba dancing is a party atmosphere! You don't have to know how to dance just move your body and follow the instructors lead, it's easy! Instead of a typical cardio class that focuses strictly on the physical and boring aspects — Zumba is about the music! In addition, it gives you a total body workout unlike any other around. You will quickly find that your stress level is reduced and your energy is increased. Not to mention the weight loss, muscle toning and other results!

ZUMBATOMIC!**Ages 6-12**

July 12th thru Aug 16th

**Thursdays 5-6PM
with Samantha**

Parent/Child Class

Ages 7-14 accompanied by Parent

**July 14th thru Aug 18th
Saturdays 9:30-10:30AM**

with Samantha

Zumbatomic classes are high-energy fitness-parties that offer real results. Packed with specially choreographed, kid friendly routines and the latest music, like hip-hop, reggaeton, cumbia, Zumbatomic classes increase focus and self-confidence, boost metabolism and improve coordination. Zumbatomic classes make getting fit a fun family experience too!

New Programs for 2012**Cardio Dance Blast**

Are you ready to burn fat, blast away major calories and get a little funky?! This hip shakin' cardio party is sure to have you burning fat and having fun! Even the "rhythmically challenged" can do this workout — the steps are taught at half-tempo, linked together and finally blended into a full sequence. You will learn a dance routine that acts as a rigorous aerobic workout. It also offers the opportunity to learn new dance moves that have application outside of merely the dance workout.

Cardio Dance Blast

**July 14th thru
Aug 18th**

**Saturdays
8AM to 9AM
with Laura**

**Children's Swimming Lessons Ages 6-17**

Session 1—June 25–July 12
Monday—Thursday

Session II—July 16–August 2
Monday–Thursday

Weekend Session June 30–August 4
Saturdays

**Session I — June 25-July 12**

Monday-Thursday
9:00AM-9:30AM
Beginner (Level 2)
Adv. Beginner (Level 3)

9:40AM-10:10AM
Beginner (Level 2)
Adv Beginner (Level 3)

10:20AM-10:50AM
Intermediate (Level 4)
Swimmer (Level 5)

Session II — July 16-Aug 2

Monday-Thursday
9:00AM-9:30AM
Beginner (Level 2)
Adv. Beginner (Level 3)

9:40AM-10:10AM
Beginner (Level 2)
Adv. Beginner (Level 3)

10:20AM-10:50AM
Intermediate (Level 4)
Swimmer (Level 5)

**Weekend Session
June 30-Aug 4
(\$70 – 6 Classes)**

Saturday
9:00AM-9:30AM
Beginner (Level 2)

9:40AM-10:10AM
Adv. Beginner (Level 3)

10:20AM-10:50AM
Intermediate (Level 4)
Swimmer (Level 5)

Dolphins: Pre-K Swimming Lessons (Ages 3-5)

"...Manorhaven Beach
Park will now be a
premier family
destination once again "
-Supervisor Jon Kaiman

Children must be out of diapers and able to handle parent separation. Students will learn basic skills including: placing their face in the water, blowing bubbles, kicking, arm stroke and backstroke. Children will be introduced to life jackets and learn water safety skills. All children will wear a bubble flotation device while continuing to learn and improve their skills.

Dates

June 25 – August 1
Monday and Wednesday
9:40AM – 10:10AM
Or
10:20AM – 10:50AM



Guppies

Ages 6 Months to 3 Years



Dates

June 26-July 31
Tuesday
9:00AM-9:30AM

An adult must accompany the child in the water. Children must wear swim diapers and a bathing suit. Skill taught will include: water entry and exit, arm stroke, kicking and blowing bubbles. This course is designed to help children become comfortable in the water, so they are ready to learn to swim. Students will wear a bubble flotation device.



*All Children's Swim Classes: Thunder and lightning: make-ups if necessary for Mon-Thurs classes will be on Fridays. There is only 1 makeup day for Saturday lesson- August 11th weather permitting.

Adult Swim Lessons

June 26-Aug 7

Tuesdays

7:00PM- 7:40PM

(Lightning/thunder make-up
Aug 14 only)



Swim Team: Age 7-17

June 25-Aug 10

Monday-Friday

8AM-10:30AM (Practice)

Competition Meets are on
Saturdays

Aquacise

TUESDAYS & SUNDAYS

July 3- August 14

Tues. 7:00PM- 8:00PM
with Susan

Sun. 11:15AM- 12:15PM
with Susan

No Weather Make-up Dates



Yoga on the Beach!

(choose from sunrise and/or sunset)

Enjoy the serenity of being on a beautiful beach as the sun is coming up or setting, while performing Yoga! Hatha Yoga uses postures and stretches in combination with the breath to develop flexibility and relaxation. Experience the benefits of postures and flow of movements to encourage proper alignment of the body and bring balance, strength, and calmness. All on our unique natural setting of the North Shore waters.



Session 1: Sunrise Beach Yoga 7:10AM – 8:10AM Sundays July 15th thru August 19th

Session 2: Sunset Beach Yoga 6:45PM - 7:45PM Mondays July 16th thru August 20th

Session 3: Sunrise Beach Yoga 7:10AM-8:10AM Wednesdays July 18th thru August 22nd

(In the case of rain, class will be moved indoors)

Town of North Hempstead

Manorhaven Beach Park
158 Manorhaven Blvd
Port Washington, New York 11050
Phone: 516-869-6311
Fax: 516-327-3120



Facebook: Town of North
Hempstead
Twitter: @NorthHempstead

Adult and Children's Tennis Lessons

Pee Wee Ages 5-6

June 25- Aug 1
Mondays and Wednesdays
9:00AM- 9:30AM

Children ages 7-9

June 26- Aug 2
Tuesdays and Thursdays
9:40AM- 10:40AM

Children ages 10-12

June 26- Aug 2
Tuesdays and Thursdays
10:45AM- 11:45AM
No weather make-ups

Ages 18 and older

June 26- Aug 2
Tuesday and Thursdays

Beginners

6:50PM- 7:50PM

Intermediate

7:55PM – 8:55PM

*Lightning/thunder
make-up
Aug 7 & 9 only if needed*

We are on the web!

<http://www.northhempstead.com/>

“For the fun of it”



TENNIS TOURNAMENT ADULTS
ROUND ROBIN
ADULTS-STARTS -TUESDAY SEPT. 4
AT 7:00PM
SIGN UP AUG 1
ENTRY FEE IS \$10 PER PERSON

